

June Fleet & Family Readiness Programs



# Moosetracks

Your source for information for MWR, CYP, Fleet & Family Support Services, Family Housing, Bachelor Housing, and the Galley at Naval Air Station Brunswick!

## Block Party **USA**

Friday, June 29

P-3 Park, Fitch Avenue

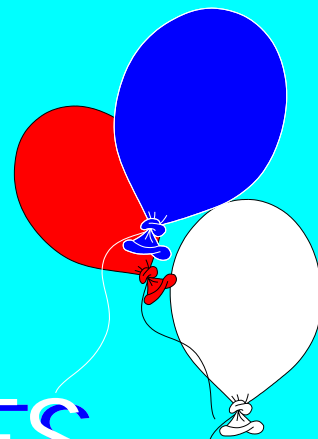
11 a.m. to 1 p.m.



FREE BBQ



AIR TOYS



KID'S GAMES



ENTERTAINMENT



## Fun for the whole family!



Featuring prizes, demonstrations, displays, food vendors and opportunities to learn about motorcycling.

## Recreational Motorcycle Safety Rodeo

June 8, 10 to 2 p.m.

in the parking lot at the end of Fitch Avenue



Naval Air Station Brunswick's MWR and BMT Designers and Planners are sponsoring the spring Recreational Motorcycle Safety Rodeo to promote safety in summer recreational activities including motorcycling, ATVs and dirt-bikes. The rodeo is an opportunity to examine all aspects of motorcycling: the rules, training, skills, bikes, equipment, risks, and enjoyment.

Motorcycle riders who have access to the base are encouraged to ride their cycles to the event.

Area motorcycle dealers, and businesses that sell related equipment will be on hand to show their products and services as well as provide motorcycle and ATV demonstrations.

A special ATV area will be set up across the street from the event site with demonstrations during the event.





## June Specials

Call ahead at 921-2351

### Front Counter:

Monday.....	Taco Salad, Beef or Chicken.....	\$4.25
Tuesday.....	Coney Dogs.....	\$1.25
Wednesday.....	Banana Splits.....	\$3.50
Thursday.....	Quesadilla Burger.....	\$2.75
	Meal.....	\$4.25
Friday.....	Chicken Salad Sub.....	\$3.25
	Meal.....	\$4.50

### Pizza Plus:

Two for Tuesday, two one topping 12 inch Pizzas for \$6.75.  
Additional toppings, \$.75 per topping, per pizza.

Panini sandwiches only \$3.50 (save \$.45!)

June 20, the RecMall Spray opens with special "carnival"  
food favorites, fried dough, ice cream and hot dogs!



**Monday through Friday**-Open Bowl Lunch Special, 11 a.m. to 2 p.m. \$8 per person, includes, three games of bowling, shoes and lunch (select any featured special from the daily special board)

**Monday**-Bowling, 4 to 9 p.m. only \$2.75 per game, per person or \$30 per lane (up to six persons per lane)  
Liberty sailors, just show your card at the counter and bowl free!

**Tuesdays**-11 a.m. to 4 p.m., two games for the price of one.  
Shoes 75 cents.

**Wednesdays**-Three games for \$5 with free shoes from 11 a.m. to 9 p.m. League from 6 to 8 p.m.

**Thursdays**-11 a.m. to 1 p.m., \$1 per game!

Family Pizza Bowl, 5 to 9 p.m., bowl for two hours, enjoy a 16-inch one topping pizza and a pitcher of soda all for only \$20 (up to six persons per lane)

**Fridays**-Friday Night Mixed Couples

X-Treme Bowling, from 8 to 11 p.m. \$2.75 per person per game.

**Saturdays**-Youth Learn to Bowl Program, (on-going) 9 to 11 a.m. \$5 per session.

**Sunday**-Open bowl, 11 a.m. to 2 p.m. All you can bowl just \$5 per person (up to six persons per a lane). Free shoes! Try a great breakfast pizza!

X-treme Bowl, all afternoon just \$2.75 per person, per game  
\$1.25 for shoes.

### Sunday Pizza Specials

Breakfast pizza available from the counter 11 a.m. to 1 p.m.  
Large pizza only \$9!

**Monday through Thursday, 11 a.m. to 9 p.m.**  
**Friday and Saturday, 11 a.m. to 11 p.m.**  
**Sunday, 11 a.m. to 6 p.m**

# June Fitness Programs

## Teen Strength Training Clinic

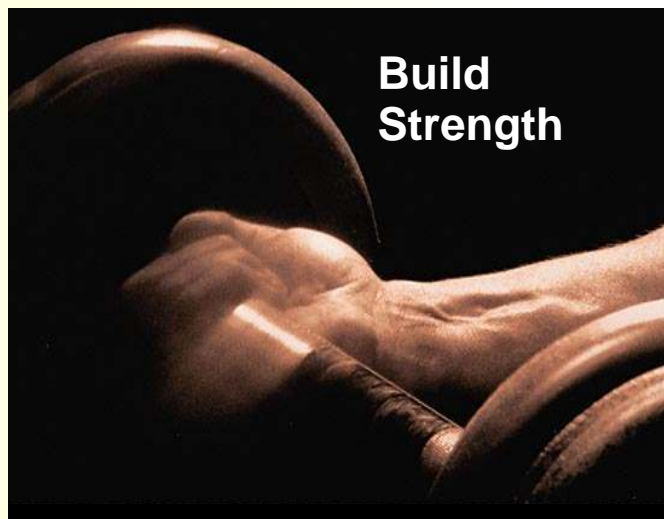
The clinic will be conducted Saturdays from 10 to 11 a.m. in the MWR Field House. This is a five-week (one session per week) clinic for youth and teens designed to teach skills that will improve, coordination, strength, flexibility, and balance in preparation for summer and fall sports. The fee for the five-week clinic is \$10.

## Fitness Strength Clinic

Tuesdays, June 12 and June 19, the Fitness Strength Clinic will focus on exercise and nutrition tips for sustaining strong bones. Information regarding osteoporosis, calcium rich foods and weight bearing activities will also be topics for these classes. The clinics will be conducted at the MWR Fitness Center from 9 to 10 a.m.

## Blood Pressure Screenings for June

Screenings will be held Friday, June 8 from 8:30 to 9:30 a.m. and Wednesday, June 27 from 11 a.m. to noon in the MWR Field House.



**Build  
Strength**

## 5K Bone Density Dash

The walk/run will be held June 8 at 11:30 a.m. starting at the Field House. This 3.1 mile walk/run is being held to raise awareness of the importance of bone health. Bring your pet, children, and friends and join us for a fun and healthy event! Register at the MWR Field House.



## June Children's Programs

All Crafts start at 1 p.m.

- June 1-Play the Five Little Donuts Game.
- 4-Color to your heart's content!
- 5-Fish craft for fishing week
- 6-Sand Art
- 7-Crab, paper plate craft.
- 8-"Fishy Color Words", matching activity
- 12-Magic Day, learn some magic tricks
- 13-Make a special gift for Father's Day
- 14-Flag Day, color Old Glory
- 15-Make and fly a kite

- 19-It's National Fudge Day, let's make fudge!
- 20-The Spray Park opens today at 11 a.m.!
- 22-Game Day join us for fun and games
- 23-Create with sidewalk chalk
- 27-Make zoo animal sun catchers
- 28-Use colored sand to make a masterpiece
- 29-Use your hands to create hand-print art

## Are you at the mercy of your auto mechanic?

## Auto Skills Center

Don't be in the dark about your vehicle, attend the Auto Skills Center's special workshop "Know your way around your car", designed to familiarize auto owners about their vehicles. The workshop will be held **June 4, from 5 to 7 p.m.** and it's free! (Don't forget to bring your car!)

# Showtime

## JUNE

Family Matinees  
Wednesday to Saturday  
at 4 p.m.



June 1 and 2..Sleeping Beauty, G  
June 6-9.....Mulan, G  
June 13-16....Arthur & the Invisibles, PG  
June 20-23....Charlotte's Web, G  
June 27-30....We are Marshall, PG

Evening Movies for Adults,  
Wednesday to Saturday at 7 p.m.

June 1 and 2..Catch & Release, PG-13  
June 6-9.....Notes on a Scandal, R  
June 13-16....Children of Men, R  
June 20-23....Last King of Scotland, R  
June 27-30.....Letters from Iwo Jima, R

**All Movies are FREE!**



# SPRAY PARK

Opens Wednesday,  
June 20, 11 a.m.

**FREE  
Sno-Cones!**  
11 a.m. to 1 p.m.

\* Games,  
contests  
and lots of fun  
from 1 to 3 p.m.

\* Hot dogs  
and children's  
ice cream  
cones \$1 each

\* Fried dough  
\$2.50 each



The Spray Park is open 11 a.m. to 4 p.m.  
Monday through Saturday



# June Programs

**June 2 – Sea-Kayaking**, Experience this great water sport with our very own MWR Maine Guide. Wear your swimsuit, bring a bag lunch, and we'll provide all of the equipment (sea-kayak, paddle, life jacket and dry bag). Sign up early, space is limited to 10 people! Vans depart the center at 9 a.m.

**June 4, 11, 18, & 25 – Monday Golf at Mere Creek Golf Course** receive free driving range tokens and free rounds of golf every Monday in June to Liberty sailors! Show your Liberty Gold Card to receive these benefits. \*Look for upcoming information about golf lessons from Kevin Joseph, PGA golf professional.



**June 5 & 19 – Texas Hold'em Tournaments**, Play the popular poker game at the Liberty Center with no entry fees and great prizes awarded to the top two winners. Game promptly begins at 7:30 p.m.

**June 6 & 20 – Ocean Surf Fishing at Land's End**. No fishing license necessary and Liberty will provide bait and fishing poles. Depart the center at 6 p.m. and fish into the night.

**June 8 & 9 – White Water Rafting** down the intense white waters of the Dead River in northern Maine. Vans leave at 5 p.m. to arrive in time for the party and bonfire. Our group will raft Saturday morning and return by 9 p.m. Event is for preregistered sailors only.

**June 10 – Disc Golf**, leave your golf clubs at home and join your friends at a different kind of golf game. Disc Golf is gaining popularity all over the country, so test your luck and Frisbee throwing skills, a great workout and an awesome day in the sun. Disc Golf = Frisbee and golf. Depart the Liberty center at 3 p.m.

**June 12 & 26 – Liberty Commissary Runs** save \$\$ on your groceries and gas by riding with Liberty to the commissary, vans leave the center at 6 p.m.

**June 13 – Birthday Bash** celebrates June birthdays with free cake and ice cream at 7 p.m.

**June 14 & 28 – Double Elimination Pool Tournaments** at 7:30 p.m. Test your skills by sinking the eight ball to advance to the next round! No entry fee! Prizes awarded to the top two winners.

**June 15 – Fight Night** gives you the opportunity to defeat your opponents in the same weight-class in our giant inflatable boxing ring with two-foot long padded gloves. The bell dings at 7 p.m. and we'll fight until the last person's standing!

**June 16 & 30 – Popham Beach Shuttle** lets you soak up some rays and have fun at the beach with friends this summer. Wear your swimsuit and bring snacks and beverages to last throughout the day. Shuttle leaves the Liberty Center at 11 a.m.

**June 17 – Paintball Trip** to Lost Valley for an action packed day of paintball. Just \$15 will get you on the field, all of your equipment, and we'll even buy your first round of paint.



**June 21 – First day of Summer, Liberty Picnic** outside the Liberty center starts at 6 p.m. and features a BBQ with great food and drinks, watermelon eating contest, Bag-O-Corn-Hole tournaments, water balloons, and more.



**June 22 – 24 - Great Pond Weekend** where you'll experience extreme outdoor adventure or enjoy a quiet weekend to relax in natural beauty of Maine. Participate in activities such as hiking, canoeing, kayaking, sailing and fishing.

Liberty will provide the tents, sleeping bags, cooking utensils, food and outdoor gear. This will be a great intro to the outdoors! Vans leave the center at 5 p.m. on Friday and return Sunday evening.

**June 27 – Indoor Go-Karting** at speeds up to 43 mph at the Indoor Go-Kart Racing Track in Portland. Space is limited so register early. Vans leave the Center at 7 p.m.



**June 29 – Sea Dog's Baseball Game** at the ballpark as the Portland Sea Dogs play the Connecticut Defenders. Tickets are only \$3!! Vans leave the center at 6 p.m.



ITT satellite office in the NEX lobby is open Saturdays!

The new hours of operation are  
Tuesday through Saturday,  
9:30 a.m. to 3:30 p.m.

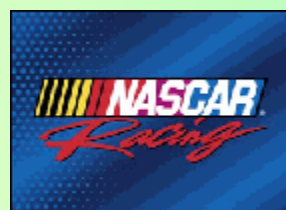
Field House ITT Office open Monday through Friday  
10 a.m. to 5 p.m.



## New England

Springfield, MA

	Gate Price	ITT Price
Day Pass.....	\$ 49.99	\$ 27
Season Pass.....	\$ 74.99	\$ 70
Food Pass.....	\$ 12	\$ 10



**NASCAR Lottery**  
**June 27,**  
**at 4 p.m. in the**  
**Field House Lobby**  
**Tickets sold in pairs**  
**at \$95 each**

Aquaboggan, ticket \$16  
(opening mid-June)

Funtown-Splashtown,  
Funtown, ticket \$18  
Splashdown, ticket \$16,  
Combination, ticket \$26



Water Country, ticket \$26

Canobie Lake, tickets \$25

York Wild Kingdom, ticket \$11

Portland Sea Dogs baseball tickets now on sale for the season. Our tickets are located in section 207, row B, seats 6 to 15 and cost \$6 per ticket. A great family entertainment value.



New arrivals at... 

## 24' Yurts!



Our two new 24-foot yurts are furnished with futons, dressers, TV/VCRs, dining tables, chairs, pots, pans and kitchen ware. Each yurt is complete with water and electricity at each site.

It's only a short walk to the nearby bath house, where toilets and showers are located.

Call today to reserve one for a truly unique camping experience.

The fee is \$50 per night

Call (207) 584-2000 or e-mail your request at  
[[greatpondoac@rivah.net](mailto:greatpondoac@rivah.net)].

## Mere Creek, home of the Frequent Golfer and Frequent Diner Cards!

*Eat lunch six  
times and the  
seventh lunch is  
\$5 off! Get your  
card today at the Grille  
at The Creek*







Hours of operation,  
Monday through Friday  
7:30 a.m. to 4 p.m.  
For more information or  
to register for classes,  
please call: 921-CARE

For more information on course details, course  
schedules and special events, visit us at  
[www.nsa-norva.navy.mil](http://www.nsa-norva.navy.mil)

Please contact the FFSC office at 921-2273 to sign up for any of the following classes  
or seminars. All classes are conducted in the FFSC training room in building # 27.

June Classes & Workshops

- June 1 Job Search Strategy, 9 to 11 a.m.
- June 11 to 14 Pre-Separation Seminar, 8 a.m. to 4 p.m.  
(7:30 a.m. first day only)
- June 15 Resume Writing, 9 to 11 a.m.
- June 25 to 29 Command Financial Specialist Training,  
7:30 a.m. to 4 p.m.

July Classes & Seminars

- July 12 PCS Smooth Move Seminar, 8:30 a.m. to noon
- July 16 to 19 Pre-Retirement Seminar, 8 a.m. to 4 p.m.  
(7:30 a.m. first day only)
- July 20 Resume Writing, 9 to 11 a.m.
- July 26 Sponsor Training Workshop, 9 a.m. to noon.
- July 30 Federal Employment Workshop, 9 to 11 a.m.

School Age Care Programs



Mainerd's Moose Troop Summer  
Camp Registration Information

Camp Moosetroop is for children 5 to 12 years  
old and is operated on a weekly basis.  
Fees are based on combined family income.

Activities include field trips, bowling,  
swimming, group games, team builders, nature  
walks, field sports, arts and crafts, and weekly  
club meetings.

Program information

- \* \$25 registration fee
- \* Weekly sessions from June 25 to  
August 31.
- \* Limited to 70 campers (first come-  
first serve)
- \* Open Monday through Friday from  
6:30 a.m. to 5 p.m.

Register at School Age Care, building 751,  
from 6:30 a.m. to 5 p.m. For more information,  
contact the center at 921-2878.

Hershey's Track & Field Games  
South Portland High School,  
Wednesday, June 27, at 10 a.m.

Hershey, the chocolate company, is sponsoring  
there annual Track and Field Games for boys  
and girls ages 9 to 14. The local competitive  
event at South Portland High School, will  
feature a variety of traditional track and field  
events.

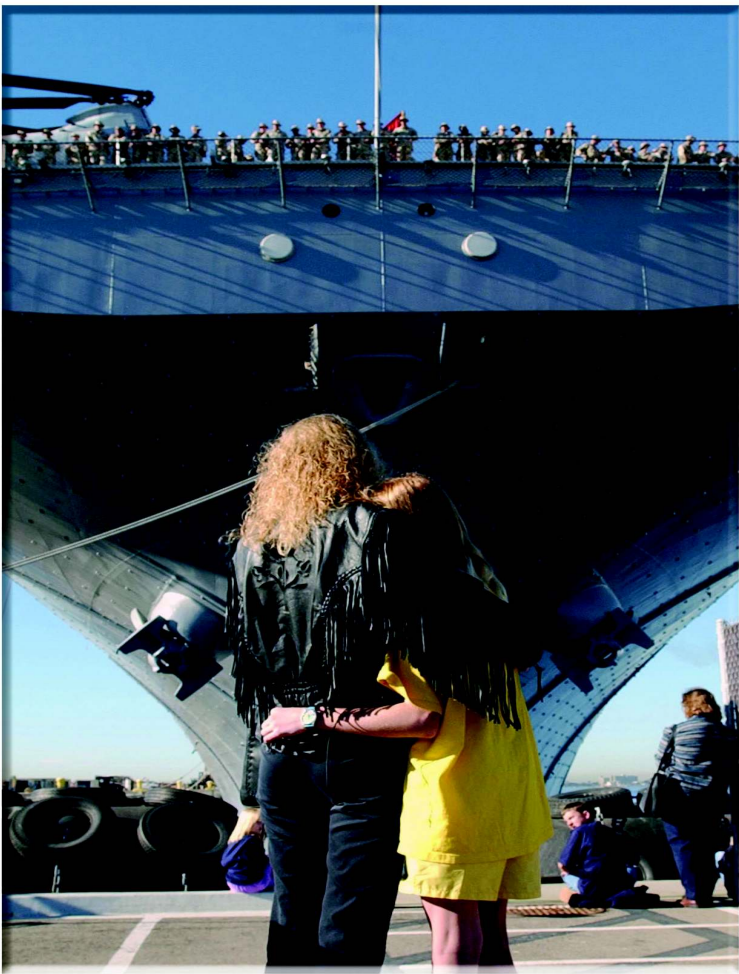
Top finishers in each event in age and gender  
group will advance to the state competition in  
Brewer Maine later in the season.

The event is open to all children in the  
designated age groups and is free to  
participate

Registration forms are available at School Age  
Care Center at Naval Station, Brunswick.

For more information, call Aaron Long, Youth  
Coordinator at 921-2878.

DEPLOYMENT SUPPORT



Managing Separation  
TOGETHER



Meeting Your Needs. At Home. At Sea.



Father's Day, June 17, half price rentals

Outdoor  
Adventure  
Center

Rental Center

on all small water craft including, single  
sea kayaks, \$8; tandem sea kayaks, \$11;  
single recreation kayaks, \$7; tandem  
recreation kayaks, \$9; boat, trailer and  
15 hp motor, \$15 and boat, trailer with 10  
hp motor, \$12.50.

Outdoor Adventure Events for June

**Tumbledown Day Hike, June 23, 8 a.m. to 5 p.m.** This is a great place to  
hike, have lunch and take a swim. A quick jaunt up the trail takes us to the twin summits of this  
hidden gem of a mountain. Bring along your lunch, snacks, water and any gear or clothing  
appropriate for the day's weather. All for a mere \$10 per person.

**Kayak Trip on Cobbossee Lake, June 30, 9 a.m. to 4 p.m.**  
Join us on this trip to one of Maine's most beautiful lakes. Paddle and take in the sights  
and sounds of the numerous islands. Be sure to pack lunch, snacks, water, bug spray, sun screen  
and appropriate clothes for the expected weather. Only \$10 per person.

**New Meadows River Striper Fishing Trip, June 16, 10 a.m. to 3 p.m.**  
Join us as we fish the river for striped bass. You'll need to provide your own rod, reel, lures  
and bait. Space is limited, so sign up early so you don't miss out. The fee is \$15 per person  
and includes the boat and a skilled Maine Fishing Guide (weather permitting!).

Call 921-2488 or 2738 for more information.



For information on all  
Fleet and Family Readiness  
Programs visit our website:  
[www.nsa-norva.navy.mil](http://www.nsa-norva.navy.mil)

Auto Skills Center  
921-2488

Bowling Center at the RecMall  
921-2145

Child Development Services  
Child Development Center  
921-2610  
921-2619  
921-2615

Child Development Homes  
921-2619  
921-2610

Great Pond Outdoor Adventure  
Center  
207-584-2000

Information, Tickets & Travel  
921-2113

Liberty Program  
(single sailor)  
921-1776

Liberty Center  
921-2771

Fitness Programs  
Field House  
921-2796  
921-2824

Fitness Center  
921-2162  
921-2932

Racquetball Court  
Reservations  
921-2162

Mere Creek Golf Pro Shop  
721-9995

The Grille at Mere Creek  
Golf Course  
721-9995

MWR Administration  
921-2684

Outdoor Adventure Programs  
& Ski Shop  
921-2738

Picnic ground reservations are made  
by calling the Outdoor Adventure  
Program: 921-2738

RecMall  
Office 921-2589

Bowling Center  
921-2145

RecMall Food Court  
921-2860

RecMall Pub  
921-2588

RecMall Youth Activities  
921-2155

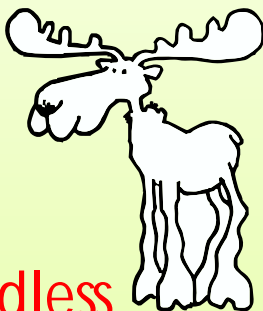
Pick Up & Go Catering or  
Party Bookings  
921-2589

Pizza Take Out  
921-2351

School Age Care  
921-2878

Veterinary Services  
725-8450, 921-1386

For more information or to  
contact Moosetracks call  
921-2161



Recreation... the benefits are endless